

# Eco-Community Dialogues Newsletter

Nancy Nelson, Editor

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## An iPad Christmas

THE CONSUMER ELECTRONICS ASSOCIATION anticipates \$33.2 billion in sales on technology during *The Holidays* this year. Tablets are clearly where the American people are putting their holiday season dollars. APPLE tablets start at \$299 for last year's *iPad mini*. APPLE's new *iPadAir* is lighter than previous models, and APPLE *iPad mini* device has a high-definition screen. SAMSUNG released a 10.1-inch Note tablet with a stylus for writing. *Kindle Fires* were the best-selling items on *Amazon.com*.

The swing toward tablets is unmistakable. Tablet shipments in 2014 are expected to be around 270.5 million. Market research data indicates the growth may slow as tablet devices saturate the market, *Best Buy* offers scores of lower-cost model tablets starting at about \$60.

(Source: December 14, 2013, SAN FRANCISCO CHRONICLE and SFGate.com, "Look for tablets to fly off the shelves" by Adam Satariano)

## America's Teens

In 2009 the FOOD AND DRUG ADMINISTRATION (FDA) banned all flavored cigarettes except best selling minty-flavored menthol cigarettes. Meanwhile cigars are being marketed with candy, chocolate, and fruit flavorings, and sold as singles the same size and shape as cigarettes. Our nation's teenagers are smoking these popular little deadly *Cigars* as well as medium-sized *Cigarillos*. Tobacco smoked through a water pipe is also on the rise among U.S. youths. These are called *Hookahs*. According to Director, Tom Frieden with the CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC), Cigars and Hookahs are addictive and deadly. BECAUSE CIGARS ARE INHALED MORE DEEPLY THAN CIGARETTES, CIGARS POSE HIGHER HEALTH RISKS. Yet the OFFICE OF MANAGEMENT AND BUDGET taxes cigar less than cigarettes.

About a quarter of all High School youths in the *United States of America* smoked tobacco in the past month, with cigars accounting for approximately half of the problem. What part of "Life, liberty, and the pursuit of happiness" is it to die of **Emphysema** or **Lung Cancer** later in life from having taken up smoking as a teenager. *Grandmothers and others, young lungs are not made for smoke.*

Instead of depopulation victimization of a quarter of our youths later in their lives when the kids have gasped their last breathe of air, what if tobacco prevention were part of all public school PHYSICAL EDUCATION (PE) instruction. Just suppose a *Healthy Lungs* campaign were launched in public schools to help students stop smoking. Parents and teens can order Thomas Condon's Ericksonian Hypnosis CD, "Getting Past Smoking". It is a gentle multi-evocation listening experience that may help you reduce your smoking habit or quit completely. You can identify the stress triggers and psychological factors that drive the addiction and you can develop healthier substitutes for stress management. The CD is comforting, interesting, relaxing, and soothing. A person could gift the CD's to High School or University students hooked by the corporate greed of the tobacco industry. To order, call 1.800.937.7771 or 1.503.228.4972.

(Sources: November 15, 2013, THE WALL STREET JOURNAL, "Teenagers Smoke Fewer Cigarettes, but Cigar Use Rises" by Mike Esterl; [www.thechangeworks.com](http://www.thechangeworks.com); [changeworks@metamodels.com](mailto:changeworks@metamodels.com); THE CHANGeworks, P.O. Box 10616, Portland, OREGON 97296; Thomas Condon Consulting [changewk@teleport.com](mailto:changewk@teleport.com) or 541.382.1894)

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### The Decline of Orange Juice, Milk, and Wheat

Some people cut wheat out of their diet for more reasons than gluten sensitivity or intolerance. Contemporary wheat is the product of many genetic changes made by using X-rays and toxic chemicals to induce mutations. "AMYLOPECTIN A" has been introduced into wheat, and it raises blood sugar levels faster than eating sugar. AMYLOPECTIN A is so rapidly digested that you may experience digestive distress. Some people wonder who profits from a diabetic America, besides insulin manufacturers.

FLORIDA's citrus groves are being harmed by a bacterial disease called "*Citrus Greening*", that stunts the growth of oranges and causes them to drop off trees before they ripen. The orange trees were first weakened by dry weather then by freezing winter temperatures. The trees were unable to fend off the bacteria that causes the "*Greening*" and so there are fewer healthy oranges, meaning higher priced orange juice, so sales fell to the lowest level in at least 15-years. PEPSI COMPANY INCORPORATED sells orange juice under its *Tropicana* brand. The cost of a gallon of orange juice averages \$6.17, but a great variety of other juices are offered in grocery aisles.

DEAN FOODS of Dallas, TEXAS, is the biggest U.S. milk processor and distributor. DEAN FOODS has closed seven plants and is anticipating closing another one, due to declining demand for milk in America.

As food prices soar in the grocery aisles, the FARM BILL costs U.S. citizens \$1 Trillion in taxation. You might discover how powerful it is to feel disgusted over such waste of hard-earned American dollars as to subsidize the GMO biological pesticide crops.

(Sources: November 12, 2013, THE WALL STREET JOURNAL, "*Florida Orange Outlook Not So Sweet*" by Leslie Josephs; November 13, 2013, THE WALL STREET JOURNAL, "*Dean Foods Cuts Costs and Outlook*" by Jacob Bunge and Ben Rubin; 2013, SAN FRANCISCO CHRONICAL, "*State egg law might not fly in farm bill*" by Carolyn Lochhead; Vicki Kobliner, RD, [www.holcarenutrition.com](http://www.holcarenutrition.com), Wilton, CT)

### Save the Date and Register Early

THE INSTITUTE FOR RESPONSIBLE TECHNOLOGY is sponsoring the *Health Conference* in New York City, from January 10-12, 2014. Live online streaming is available for those who cannot attend in person. To register, simply call 516.921.1417, or visit [www.TheRealTruthAboutHealth.com](http://www.TheRealTruthAboutHealth.com). One of the presenters will be Jeffrey Smith, author of the international bestselling book, SEEDS OF DECEPTION, which exposes health risks of Genetically Modified Organism (GMO) biological pesticides marketed as "food".

### Breaking the GMO Magic Spell

The Medford, OREGON, MAIL TRIBUNE should strive to cover the news accurately, fairly, and honestly. It should be the media's policy to correct significant errors of fact or misleading statements. That's why Dr. Ramon J. Seidler, retired SENIOR SCIENTIST and TEAM LEADER for the federal ENVIRONMENTAL PROTECTION AGENCY's (EPA) "*Biosafety Program*" took the MAIL TRIBUNE to task this month.

Dr. Seidler, Professor of Microbiology is named by Cambridge as one of the top 2000 scientists in the world. The MAIL TRIBUNE published his rebuttal letter, "*Let's Get Honest about GMO's: They are not an improvement*" under *Guest Opinion*, December 8, 2013. According to Dr. Seidler, author and scientist with impeccable credentials,

In his writ, Dr. Seidler derailed the biased, inaccurate, and misleading logical errors that appeared in the MAIL TRIBUNE in an article entitled, "*Are Engineered Foods Evil?*". Dr. Seidler cited the U.S. DEPARTMENT OF AGRICULTURE (USDA), THE PURDU UNIVERSITY, THE UNIVERSITY OF WISCONSIN, OHIO STATE UNIVERSITY, and scientific research teams from three continents, in the nations of AUSTRALIA, BRAZIL, AND NEW ZEALAND, as all having impressive scientific data proving conventional cross-breeding, rather than Genetically Modified Organism (GMO) crops, are what improved yields. THERE IS NO RATIONALE FOR USING GMO CROPS IN U.S. AGRICULTURE. GMO's didn't improve yields.

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Dr. Seidler invalidated MONSANTO COMPANY's hypothetical "Sabotage" claim in regards to the GMO wheat discovery in Eastern OREGON earlier this year. MONSANTO is INCORRECT according to scientific data. Dr. Seidler set the MAIL TRIBUNE and its readership straight with eight paragraphs of scientifically valid ways that GMO seeds actually do scatter far and wide.

He then cited scientists at, IOWA STATE UNIVERSITY, SOUTHERN ILLINOIS UNIVERSITY and the UNIVERSITY OF MISSOURI who are *all in agreement* with the scientific data proving there are now 15 weed species on over 60 million U.S. farm acres that have evolved into superweeds resistant to Bt toxin and ROUNDUP. GMO's cost more because farmers who plant these biological pesticide crops within five years will have to start using stronger and worse chemical applications such as Dow 2,4-D, which increases production costs for farmers. It's a vicious cycle similar to antibiotic resistance.

The agrochemical cartel has OREGON's FARM BUREAU and law makers in its pocketbook, but money is not science. **Dr Seidler's YOU tube videos and presentations break the GMO magic spell.**

Dr. Ramon Seidler's letter to the MAIL TRIBUNE proves the GMO promises are *fraudulent*. OREGONIANS could also contact the OREGON DEPARTMENT OF JUSTICE's "Stop Fraud" line at 1.877.877.9392 and [www.oregonconsumer.gov](http://www.oregonconsumer.gov).

Ellen F. Rosenblum is the Attorney General of the State of OREGON. Her contact information is 503.378.6002, or [ellen.rosenblum@doj.state.or.us](mailto:ellen.rosenblum@doj.state.or.us). She could initiate a DEPARTMENT OF JUSTICE investigation of Governor Kitzhaber's SPECIAL SESSION budget compromise deal to prohibit local county governments from regulating GMO crops. OREGON's OREGON FARM BUREAU and party leaders are under assault from GMO incursion.

DEPARTMENT OF JUSTICE,  
Justice Building  
1162 Court Street, North East  
Salem, OREGON 97301-4096.

(Sources: Dr. Ramon Seidler, Professor of Microbiology, 541.601.9955, [rayseidler@msn.com](mailto:rayseidler@msn.com); Fall 2013, IN GOOD TILTH, Editor's Note "GMO Planet Meets Celestial AG" by Editor Andrew Rodman; [Andrew@tilth.org](mailto:Andrew@tilth.org), 503.779.3929; [www.tilth.org](http://www.tilth.org))

#### Going on Holiday

IRAQ has its first national park, "The Garden of Eden" a restoration of Mesopotamian marshes that had been drained and diverted, cutting the Euphrates and Tigris Rivers off from the wetland ecosystem. Water from broken dikes has returned to the marshes. Every species survived, including all 278 kinds of birds, showing resiliency. Travelers to "The Garden of Eden" or other natural destinations can minimize tourist impact by helping to increase environmental awareness. Eco-tourism dollars are directed toward empowering conservation efforts. For more information contact The International Ecotourism Society (TIES). To calculate the carbon impact the tourist industry has on fragile places and your trip's carbon footprint, visit [www.carbonfootprint.com](http://www.carbonfootprint.com). Airplane flights produce plenty of carbon and other pollutants. Flying during the day produces less carbon than flying at night. Newer planes are cleaner and may have better fuel efficiency.

Ask if your hotel offers a discount if you arrive by public transport. The most progressive hotels provide collection and drop off service to nearby bus or train stations as well as providing guest bikes for use while staying at their hotel. If you check the hotel's menu you can see if its restaurant grows any of its own food, such as fruit and vegetables. It would behoove you to know whether the hotel's menu items come from nearby suppliers. If so, it's a good indicator that the hotel wants to bring income into the local economy and to cut down on food miles.

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Some hotels source their energy from green suppliers that utilize solar panels and wind turbines for the hotel's air conditioning, heating, and lighting. The hotel may have already installed dual-flush toilets, refillable bathroom dispensers, and flow-restrictors on showers and tap water faucets. If the hotel has recycling facilities then an information sheet as to how to separate your waste correctly, may be posted in your hotel room.

(Source: October/November 2013 ECONews, "Conserving, Preserving, and Enhancing Our Birding Habitat" by Jim Clark and "Eco-Mania, Eden Restored"; February, 2010, LONELY PLANET's BEST EVER TRAVEL TIPS, "Eco-Travel", by Tom Hall; [www.responsibletravel.com/copy/copy/902104.htm](http://www.responsibletravel.com/copy/copy/902104.htm); [www.unwto.org](http://www.unwto.org); [www.whl.travel](http://www.whl.travel); [www.stuffyourrucksack.com](http://www.stuffyourrucksack.com); [www.ethicalvolunteering.org](http://www.ethicalvolunteering.org); [www.slowmovement.com/slow\\_travel.php](http://www.slowmovement.com/slow_travel.php))

### The Rights of Nature

Man is born on a shared planet with a Galactic history. The Natural World is *other than* Man's slave to be exploited of all her resources.

In 2008, EQUADOR's *Constitution* acknowledged that Nature "...has the right to exist, persist, maintain itself and regenerate...completely restored" and that any person may demand the observance of the rights of the natural environment before public bodies.

In 2010, BOLIVIA passed *The Rights of Mother Earth* and hosted the *World People's Conference on Climate Change* with over 35,000 people from 140 countries resulting in "*The Universal Declaration on The Rights of Mother Earth*", that was presented for discussion to the UNITED NATIONS (UN).

In 2012, NEW ZEALAND recognized the legal rights of the *Whanganui River* and its tributaries.

Corporate rights harm the voice of America's local communities. But three-dozen communities have passed local laws that recognize the natural ecosystem's right to exist and thrive locally. This is inspiring other U.S. citizens to be proactive about protecting their local well-being.

For example, *Santa Monica*, CALIFORNIA's "*Sustainability Rights Ordinance*" recognizes the rights of nature in municipality law. It asserts that natural communities and ecosystems possess fundamental and inalienable rights to exist and flourish and gives citizens with enforcement authority provision to protect those rights of Nature. *Santa Monica's* new law actually states that Corporate entities don't enjoy special privileges or powers to subordinate their community's rights.

This winter, 2013, VERMONT towns started passing resolutions calling for a state Constitutional amendment to recognize the rights of nature. It's time to advance the rights of waterways to flow and fish to swim. Man and Nature both depend upon clean, flowing water to exist and thrive.

In NORTHERN CALIFORNIA, the BUILDING RESILIENT COMMUNITIES conference converged *Permaculture* and *Transition Town* attendees getting together for a bioregional meet-up that linked regional groups together for information sharing. For further information, contact the *Sustainable Living Institute* in Hopland, CALIFORNIA.

(Sources: October/November, 2013, ECONews, "*A Rights of Nature Movement is Advancing Worldwide*" by Linda Sheehan, EARTH LAW CENTER; [www.yournec.org](http://www.yournec.org); [www.350.org](http://www.350.org); [www.transitiontopermaculture.org](http://www.transitiontopermaculture.org))

### The Ocean Conservancy

More than 51,500 volunteers collected over 47,000 pounds at over 850 sites throughout CALIFORNIA AS PART OF THE *International Coastal Cleanup* organized by OCEAN CONSERVANCY. The next tsunami debris monitoring and coastal cleanup for *Del Norte* and *Humboldt* counties will be in April for EARTH DAY. Bags, gloves, and other supplies will be provided volunteers. For more information, visit [www.yournec.org/coastalcleanup](http://www.yournec.org/coastalcleanup).

#### CALIFORNIA's New SB-4 Fracking Ordinance

The results of the June, 2013 poll that was jointly conducted by the UNIVERSITY OF SOUTHERN CALIFORNIA/LOS ANGELES TIMES, 58 percent of CALIFORNIA VOTERS favor a moratorium on fracking. The groups that opposed **SB-4** were CLEAN WATER ACTION, FOOD AND WATER WATCH, CREDO, PHYSICIANS FOR SOCIAL RESPONSIBILITY, THE CALIFORNIA LEAGUE OF CONSERVATION VOTERS, THE CENTER FOR BIOLOGICAL DIVERSITY, THE ENVIRONMENTAL WORKING GROUP, THE NATURAL RESOURCES DEFENSE COUNCIL, THE SIERRA CLUB OF CALIFORNIA and [www.MoveOn.org](http://www.MoveOn.org).

*David Pettit*, Senior Attorney at the NATURAL RESOURCES DEFENSE COUNCIL is concerned that the SB-4 bill that passed is a fundamental threat to the CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA) because the ordinance allows government bureaucracy to waive CEQA with unfettered indiscretion. The new law is a free pass for every fracking project in CALIFORNIA, forever. That's because amendments included a clause that gave the DIVISION OF OIL, GAS, AND GEOTHERMAL RESOURCES (DOGGR) authority to approve fracking if it "believes" the potential impacts have already been investigated by a statewide environmental review, IN LIEU OF AN INDIVIDUAL ENVIRONMENTAL IMPACT REPORT. In addition to Governor Brown's having placed his faith in DOGGR, he additionally signed off on a directive issued to the DEPARTMENT OF CONSERVATION to implement the development of an efficient permitting program for well stimulation activities.

(Source: October/November 2013 ECONEWS, "Fracking" and [www.yournec.org](http://www.yournec.org))

#### The Trade Deals Are Fast Tracked

The ones in the SENATE who signed off on the "**Trade Promotion Authority**" (TPA) known as **THE FAST TRACK** that expired in 2007, were Chairman *Max Baucus* of the SENATE FINANCE COMMITTEE and Chairman *Dave Camp* with the MEANS COMMITTEE, along with Senator *Orrin Hatch*.

That means both President Obama and the SENATE want CONGRESS to have no power to amend or rewrite the *secretive* TRANS PACIFIC PARTNERSHIP provisions between 600 corporations and the leaders of Asian Pacific nations, or his *secret* trade talks with the *European Union*.

*Currency language is included in the TPA legislation that will be introduced to CONGRESS in January, for an up or down vote without amendments.*

#### Garbage in, Garbage Out

The 630-acre largest landfill in America is closing because the permit expired. The site in the *City of Industry* where a third of LOS ANGELES County's trash was dumped since 1957 stands as high as a 40-story building and contains 130 million tons of garbage from accepting about 13,200 tons of trash per day from 88 cities. Giant vacuum tubes will continue to remove methane gas and send it to a plant that has been converting it into energy for nearly 30-years. The gas will provide enough energy for 70,000 homes for the next twenty years. In recent years private companies have added their own landfills so losing the site will mean more trash for them to bury. Trains will take the trash to an abandoned gold mine some 200-miles away. It will take a couple of years to clean up the area so it could be turned into a park that connects existing hiking trails.

(Source: November 1, 2013, SAN FRANCISCO CHRONICLE and SFGate.com, "*Largest landfill in U.S. Closing*")

### The Common Cold Virus

According to OREGON AWARE *alliance working for antibiotic resistance education*, colds are caused by a VIRUS, and antibiotics will not kill a VIRUS. There are apparently over 200 viruses that can cause the common cold but RHINOVIRUS is the most common. A cold lasts a week or two, so drink lots of water. Stay hydrated with clear broths, juice, and sip warm water with honey and a squeeze of lemon. Get eight hours of rest and sleep at night, take baths or shower in order to breathe steamy air, gargle with warm salt water, and avoid tobacco smoke. In case of fever or pain, always check first with your child's health care provider before allowing Acetaminophen, Advil, Motrin, Ibuprofen, or Tylenol as directed by the child's health care provider. **The way to stop a cold from starting is to WASH YOUR HANDS A LOT, USING REGULAR SOAP AND WARM WATER. Also avoid close contact with people who have colds.**

(Source: OREGON AWARE *Acute and Communicable Disease Prevention*, 971.673.1111, [www.healthoregon.org/antibiotics](http://www.healthoregon.org/antibiotics); [Oregon.aware@state.or.us](mailto:Oregon.aware@state.or.us) )

### The Art of Healing by Dr. Bernie S. Siegel

Retired surgeon Dr. Bernie S. Siegel offers an encouraging word that cells in your body act like a community to keep you the healthiest possible. You might want to read his book, THE ART OF HEALING. The author explains that sleep gives your body, mind, and spirit an ability to communicate the universal language of symbols. Cellular messages are communicated in spontaneous dream images and symbols that convey subconscious knowledge and wisdom. When guided imagery is utilized then patients benefit from heightened awareness of somatic matters. The cellular images and symbols, creative instinct, and inner knowingness that reveal psychological insights to the conscious mind of the patient, helps induce self-healing. What brings cellular health is an internal chemistry derived from the very *Nature of Life* itself. The good doctor discovered consciousness is *not* local, that there is an inner intelligence within all matter.

(Source: EVOLVE! "*The Invisible Language of Our Bodies*" by Bernie Siegel, MD; THE ART OF HEALING: Uncovering The Wisdom of the Unconscious, The Mind-Body-Spirit Connection, \$17.95, ISBN 9781608681853, publisher [www.NewWorldLibrary.com](http://www.NewWorldLibrary.com))

### Pop Quiz

How deep do you have to drill before you reach water.

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